

# LANSING COMMUNITY COLLEGE

## CURRICULUM GUIDE

Personal Trainer  
Certificate of Achievement

Curriculum Code: 1705 (Effective Fall 2014 – Summer 2019)

After successful completion of this certificate individuals are prepared to take a Personal Trainer Certification Exam by a National Commission for Certifying Agencies (NCCA) accrediting organization, such as American Council on Exercise® (ACE), or American College of Sports Medicine® (ACSM). Once the Personal Trainer Certification is obtained, individuals are prepared for jobs as a Personal Trainer and are eligible to take the Level 1 Exercise is Medicine® (EIM) credential exam. This curriculum is the second certificate in the Professional Fitness Leader Program. Courses for this certificate may be applied toward the Lansing Community College Professional Fitness Leader Associate in Applied Science Degree.

### PREREQUISITES

Students should see [Course Descriptions](#) for course prerequisite information. See [Academic Assessment and Placement Testing for Student Success](#) for skills assessment and advising information.

### INFORMATION

Contact the Fitness and Wellness Programs, Health and Human Services Building, Room 108, telephone number (517) 483-1410 (Website: [www.lcc.edu/pfw/](http://www.lcc.edu/pfw/)) or the Academic Advising Center, Gannon Building, Room 200, telephone number (517) 483-1904.

### REQUIREMENTS

**TOTAL: 37 CREDITS**

CODE	TITLE	CREDIT HOURS
PFFT 113	Core Strength & Flexibility Trng	1
PFFT 120	Aerobic Exercise	2
PFHW 123	Human Nutrition	3
PFHW 181	Stress Management	1
PFKN 106	Group Fitness Instructor Prep	3
PFKN 200	Exercise Physiology	3
PFKN 205	Sport & Exercise Psychology	3
PFKN 208	Biomechanics	3
PFKN 250	Measurements in Kinesiology	3
PFKN 260	Growth and Motor Behavior	3
PFKN 265	Exercise–Diverse Populations	3
PFKN 270	Personal Trainer Preparation	4
PFWT 123	Weight Training I	2
SPCH 120	Dynamics of Communication	3

**LIMITED CHOICE REQUIREMENTS****TOTAL: 4–8 CREDITS**Complete the indicated number of credits from **EACH CHOICE** listed below.**CHOICE 1: Anatomy and Physiology** (Choose one Subchoice–See Note 1)**4–8 Credits****Subchoice 1A:**

BIOL 145 Intro Anatomy and Physiology 4

**Subchoice 1B:**

BIOL 201 Human Anatomy 4

BIOL 202 Human Physiology 4

**MINIMUM TOTAL 41****NOTES:**

- Students completing “CHOICE 1” have fulfilled the requirements for the Science CORE area. Students planning to transfer to a four-year institution are encouraged to take BIOL 201 and BIOL 202.

**SUGGESTED COURSE SEQUENCE**

Students should see course descriptions to find out when departments plan to offer courses. Students who for any reason are unable to follow the course sequence suggested below (for example, those who are part-time, have transferred in courses from another school, or have prerequisites to fulfill) should contact an academic advisor for help with adjustments.

<b>I Fall</b>	<b>II Spring</b>	<b>III Summer</b>	<b>IV Fall</b>
PFFT 120	PFFT 113	PFWT 123	PFKN 208
PFWH 181	PFWH 123		PFKN 260
PFKN 205	PFKN 106		PFKN 265
SPCH 120	PFKN 200		PFKN 270
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